

## Chicken Nuggets with Pineapple-Orange Dipping Sauce

- 1 egg
- 2 tablespoons milk
- 3 ½ cups cornflakes, crushed
- 1 lb boneless, skinless chicken breasts, cut into nugget-size pieces



### Dipping Sauce:

- 1 can (8 oz) sliced or crush pineapple in juice
- 1 tbs cornstarch
- ¼ cup pineapple orange juice
- ¼ cup barbecue sauce

1. Prepare dipping sauce: Pour undrained pineapple into the blender. Secure lid and process until it's a thick puree. Pour pineapple into a saucepan and add cornstarch; stir. Add pineapple orange juice and barbecue sauce. Bring to a boil, then reduce heat and simmer, stirring until sauce thickens, about 3 minutes. Remove from heat and set aside.
  2. Prepare chicken nuggets: Preheat oven to 400 F. Whisk the egg and milk together in a small mixing bowl. Place cornflakes in a plastic bag. Dip chicken pieces in egg mixture then place in bag with cornflakes and shake to coat. Put coated chicken on a baking sheet. Carefully place baking pan in oven and bake for 15 minutes. Carefully remove the baking pan from the oven.
  3. Serve nuggets with warm pineapple-orange dipping sauce.
- Makes 4 servings.

Nutritional information per serving: calories, 265; protein, 23 g; fat, 3 g; saturated fat, 1 g; carbohydrate, 34 g; sodium, 443 mg; cholesterol, 91 mg.

Source: [www.dole5aday.com](http://www.dole5aday.com)



## Spunky Vegetable Pizza

- ¾ cup pizza sauce
- 1 large Italian pizza shell
- 1 cup chopped broccoli
- 1 cup shredded carrots
- ½ cup sliced red or green bell pepper
- 5 to 6 ounces, shredded, lowfat mozzarella or cheddar cheese



1. Preheat the oven to 450 F.
  2. Spoon pizza sauce on pizza shell.
  3. Put pizza shell on a cookie sheet.
  4. Arrange vegetables over sauce.
  5. Sprinkle on the cheese.
  6. Bake for 10 minutes.
  7. Remove from oven, cool for 3 minutes then slice. Cut into 8 wedges.
- Makes 8 servings.

Nutritional information per serving: calories, 235; protein, 13 g; fat, 8 g; saturated fat, 2 g; carbohydrates, 29 g; sodium, 568 mg; cholesterol 15 mg.

Source: [www.dole5aday.com](http://www.dole5aday.com)

## Apple Pie in a Glass

- 1 cup 1% low fat or fat free milk
- 1 cup fat free vanilla yogurt
- 2 apples
- ½ tsp ground cinnamon
- Handful of ice cubes



1. Wash, peel and cut apples up into cubes.
  2. Add ingredients to a blender container and blend for one minute.
  3. Pour into a glass, and enjoy!
- Makes 2 servings

Nutritional information per serving: calories, 218; carbohydrates, 43 g; protein, 11 g; fat, <0.5 g; saturated fat, 0g; cholesterol, 4 mg; fiber 2 g; sodium, 155 mg; calcium, 363 mg; percent calories from fat, 1%.

Source: [www.eatwellbewell.org](http://www.eatwellbewell.org)